

Maternal Relapse Prevention

Northern Plains Tobacco
Prevention & Cessation Symposium
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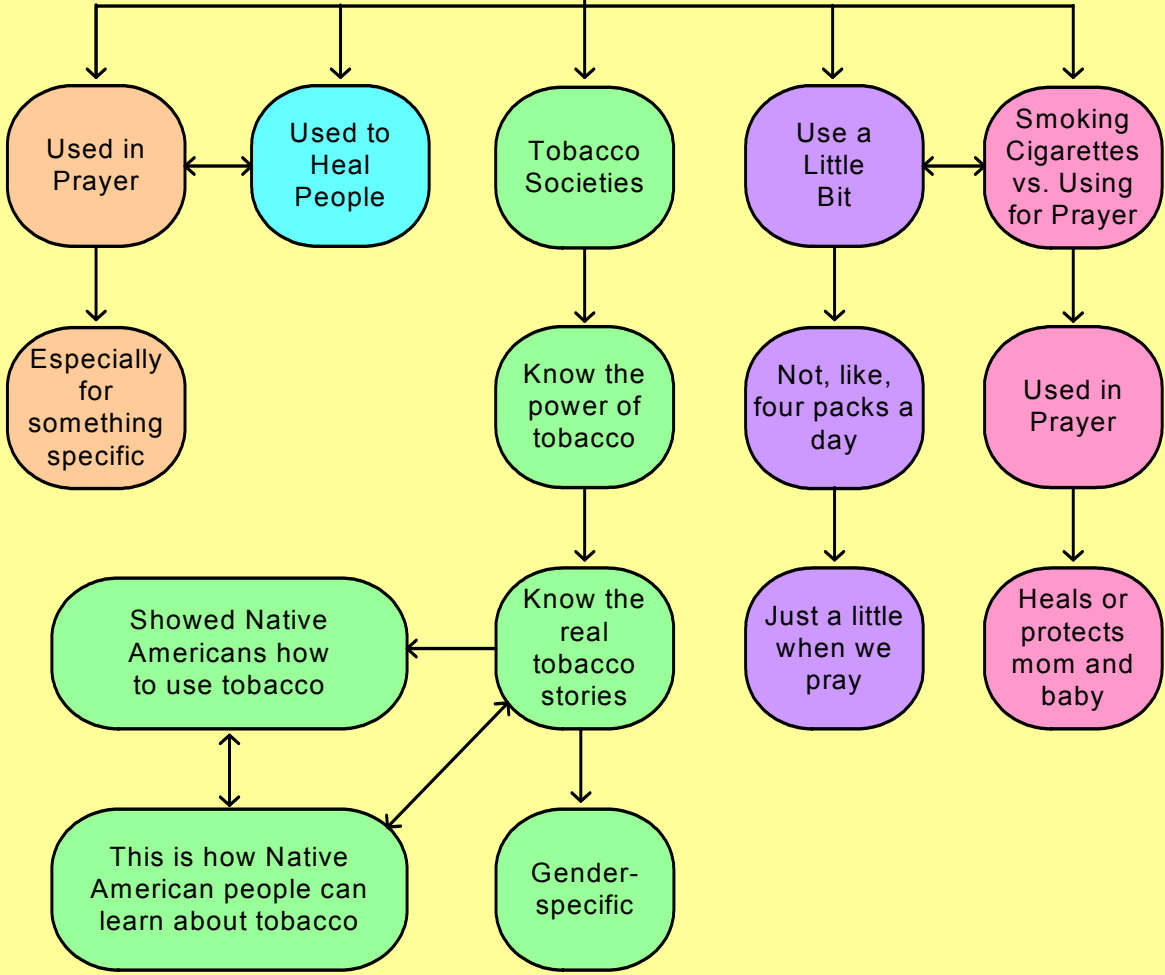


Objectives

- To better understand tobacco relapse prevention among postnatal Native Americans
- Identify ways to address specific needs of Native American women regarding tobacco relapse prevention

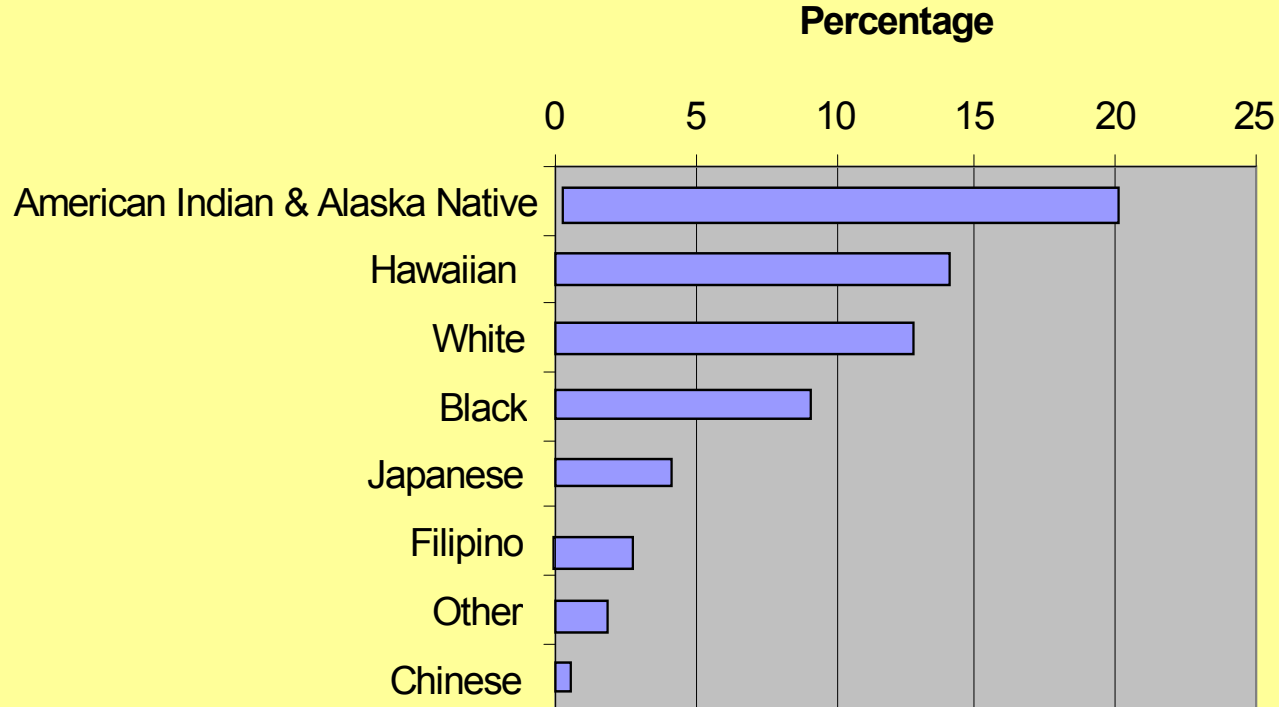


HOW TOBACCO IS USED
IN A SACRED WAY



Prevalence Rates

Percentage of Women Who Smoke During Pregnancy
By Ethnic Group



National Vital Statistics Report, Vol 50, No 5, Feb 12, 2002: Table 24



South Dakota Costs

- Annual health care costs in South Dakota directly caused by smoking = **\$252 M**
- Portion paid by the state Medicaid = **\$53 M**
- Residents' tax burden from smoking-caused gov't expenditures = **\$542 M per household**
- Smoking-caused productivity losses in South Dakota = **\$204 M**



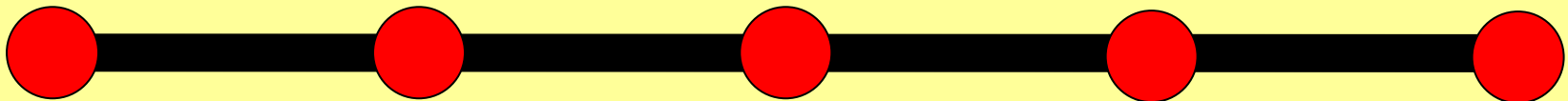
Tobacco Cessation Options

- Cessation curriculum
- Nicotine replacement therapy
- Other Options
 - Cold turkey
 - Alternative medicine



Cessation Curriculum

- Second Wind Tobacco Cessation
 - Muscogee (Creek) Nation
 - Based on ALA
- Resource Guide for Assisting American Indian Smokers to Quit
 - cultural competency guidebook
 - California Rural Indian Health Board



Nicotine Replacement Therapy

- Prescription
 - Bupropion SR
 - Nicotine inhaler
 - Nicotine nasal spray
- Over the Counter
 - Nicotine gum
 - Nicotine patch



Other Options

- Cold Turkey
- Traditional Healing
- Methods
- Alternative Medicine



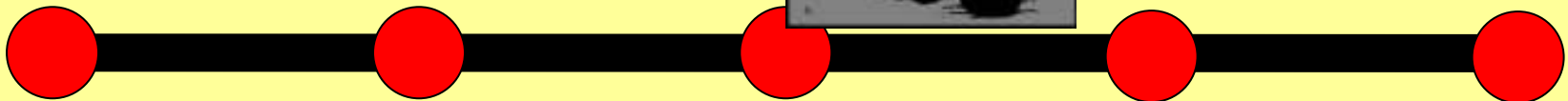
Relapse Prevention

- Relapse is highest in the first few weeks
 - Diminish considerably after about 3 months
- Opportunity to provide culturally relevant relapse prevention
- Address specific needs of postnatal Native Americans
- Incorporate mainstream relapse prevention strategies into current practices



Threats to Potential Relapse

- Lack of support
- Mood changes
- Withdrawal symptoms
- Cravings
- Weight gain
- Diminishing motivation



Lack of Support

- Change in tobacco use can mean a changes
 - Schedules, friends, activities
- With a new baby = stress
 - Isolation, loneliness
 - Over stimulation



Suggestions to Address Lack of Support

- Follow-up visits or telephone calls
- Identify support
 - team new mother with a non-smoking Elder, Auntie, or friend
- Quitkit
- Send a postcard
- Give a gift
- Recognize the new behavior
 - Certificate
 - Keychain



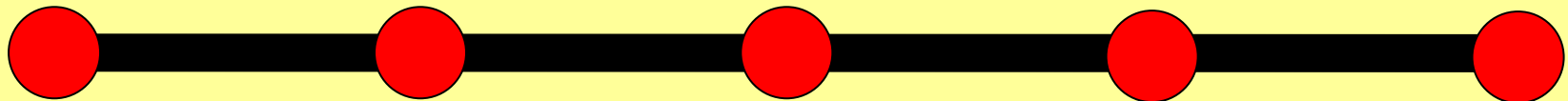
Mood Changes

- Increased
 - Irritability
 - Insomnia
 - Fatigue
- Introduce new skills
 - Coping
 - Communication
- Give permission to talk about feelings
- Referrals
- Spiritual Help
- Balance



Withdrawal Symptoms

- Cravings
- Unable to concentrate
- Headache
- Cough, sore throat
- Stomach problems
- Dry mouth
- Sore tongue or gums
- Tightness in the chest
- Recognition
- Time
 - It's not forever
- Natural solutions
 - Drink water
 - Get enough sleep
 - Spiritual help



Cravings

- Delay until the urge passes--usually within 3-5 minutes
- Distract yourself
- Drink water
- Deep Breaths--
Relax! Discuss your feelings with someone close to you
- Instead of using, try:
 - Beadwork
 - Medicine bag
 - Tie medicine bundles
 - Sing traditional songs
 - Listen to pow-wow music
 - Dance



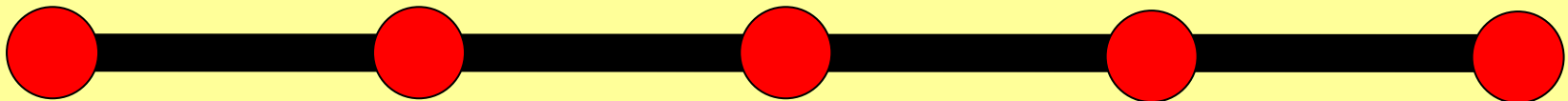
Weight Gain

- Share knowledge
- Suggest diet changes
- Begin new activity
 - Walking, lifting canned food, leg lifts
- Referral
 - Dietician
 - Medical



Diminishing Motivation

- Quitkit reminder
- Send a postcard
- Give a gift
- Recognize the new behavior
- Ask the new mom to
 - Create art, music or story about their experience



Other Risky Behaviors

- Counseling
 - Referrals to community counseling
 - Use of an Elder or relative
- Education
 - Especially about the effect on the baby
 - Alcohol use increases the likelihood of smoking



Questions?

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